



Assemblymember

**FRAN
PAVLEY**

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Dear Friend:

The early detection of cancer and new treatments make it possible for men to live longer and healthier lives. Men diagnosed with prostate cancer can take charge of their lives and overcome much of the fear and anxiety that accompany a cancer diagnosis.

Many men do not get the best treatment for their cancer because they do not act early enough and are not aware of the resources available to them.

Any individual diagnosed with cancer will have questions regarding tests and treatments. An important test for monitoring the status of prostate cancer is the PSA blood test. This test measures the amount of a protein-specific antigen, in the blood.

It is important to ask questions, read information and learn about the options that are available to you. I encourage you to become more aware of prostate cancer by speaking with your physician.

For more information on measures relating to health issues, please call my District Office.

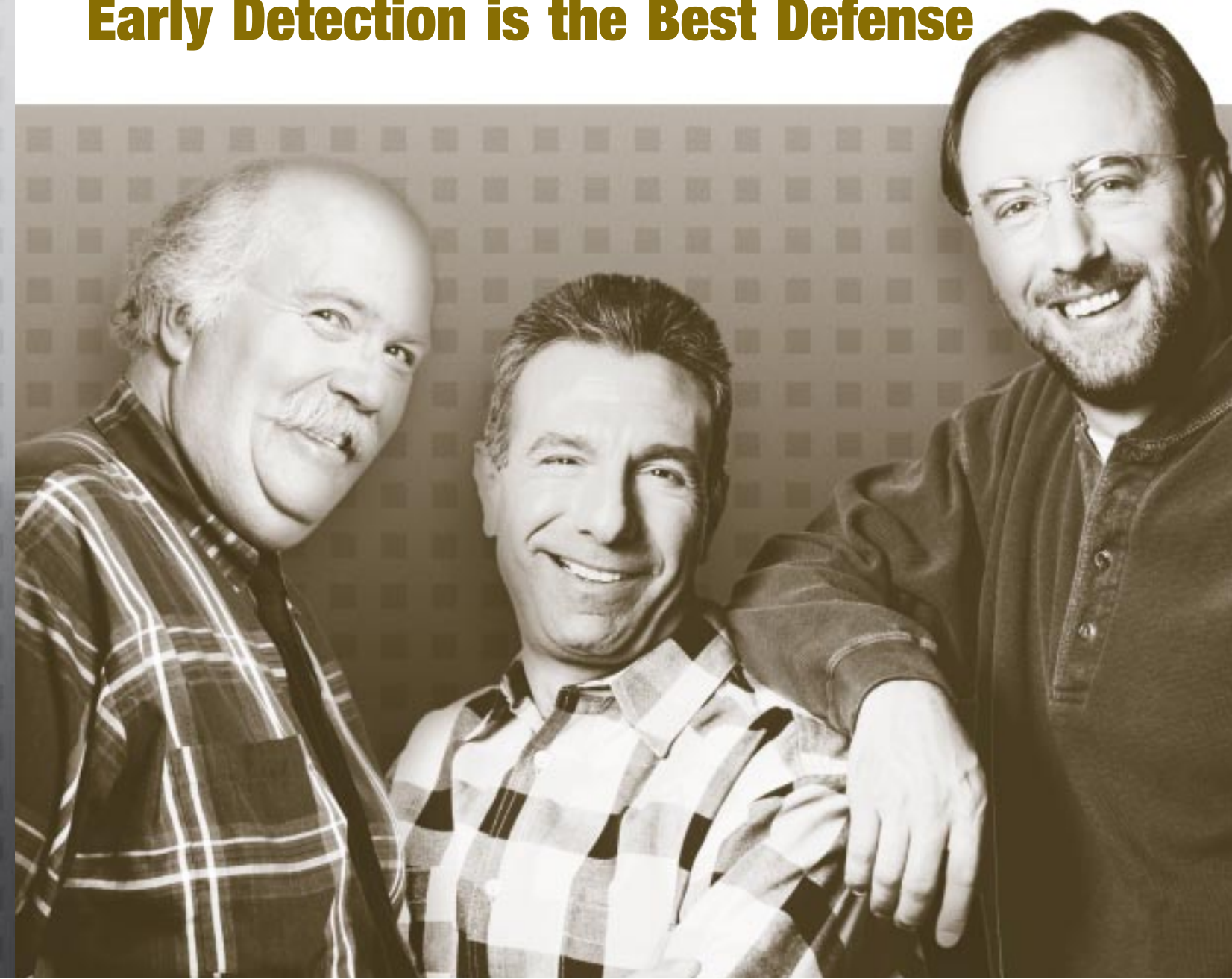
Sincerely,



Fran Pavley
Fran Pavley
Assemblymember, 41st District

PROSTATE CANCER

Early Detection is the Best Defense





What you need to know about... **Prostate Cancer.**

Prostate cancer is the second leading cause of cancer death in men, exceeded only by lung cancer. This year, approximately 180,400 new cases of prostate cancer will be diagnosed in the United States.

Prostate cancer develops from cells of the prostate gland. The cancer cells may spread outside the gland to other parts of the body. Most prostate cancers grow very slowly.

The chance of having prostate cancer increases rapidly after age 50. More than 80% of all prostate cancers are diagnosed in men over the age of 65. Ninety two percent of men diagnosed with prostate cancer survive at least 5 years, and 67% survive at least 10 years.

Anything that increases a person's chance of developing cancer is known as a risk factor. Risk factors for prostate cancer may include age, race, and family history.

It is still not known exactly what causes prostate cancer, which makes it difficult to determine all of the risk factors. A diet low in fat and consisting mostly of vegetables, fruits, and grains is associated with the reduced risk of prostate cancer.

Current research in this field is aimed at developing tests that can detect prostate cancers at an early stage by recognizing their DNA changes. Other researchers are working on gene therapy strategies for repairing or replacing these mutated genes in order to stop the abnormal growth and spread of the cancer cells.

Going to see your doctor is the best way to ensure the early detection of prostate cancer. Through a series of tests, your doctor will be able to explain the stages of cancer and treatments that can be used.

Tests

Unnecessary treatment due to false screening results could be harmful. Research is being done to determine the most reliable method for prostate cancer screening. The PSA (Prostate Specific Antigen) is a blood test that measures the amount of PSA in the prostate. If a higher than average amount is present it may indicate prostate cancer cells.

It is important for you to have an honest, open discussion with your doctor to better understand the cancer.

Resources

Contact these sources if you or a loved one need further information or assistance.

- **The American Cancer Society**
1710 Webster Street, 210
Oakland, CA 94612
1-800-ACS-2345
<http://www.cancer.org>
- **The National Cancer Institute**
Building, 31, Room 10A03
31 Center Drive, MSC 2580
Bethesda, MD 20892-2580
1-800-4-cancer
<http://www.nci.nih.gov>
- **Cancer Care, Inc**
275 7th Ave
New York, NY 10001
1-800 813 HOPE (4673)
<http://www.cancercare.org>
- **The M.D. Anderson Cancer Center**
The University of Texas
M. D. Anderson Cancer Center
1515 Holcombe Blvd.
Houston, TX 77030
1-800-392-1611
<http://www.mdanderson.org>

Ask Your Doctor

The following are a few questions you may want to consider asking your doctor:

- What is the likelihood that the cancer has spread beyond my prostate?
- What is the clinical stage and grade of my cancer?
- What treatment(s) might be appropriate for me? Why?
- Among those treatments, what are the risks or side effects that I should expect? Should I follow a special diet?

